



National Nutrient Database for Standard Reference
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Statistics Report 09273, Pineapple juice, canned or bottled, unsweetened, without added ascorbic acid

Report Date: June 30, 2017 21:06 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Proximates													
Water ¹	g	86.37	20	0.691	85.38	87.06	1.0	77.594	95.151	2	Analytical or derived from analytical	--	04/2005
Energy	kcal	53	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2007
Energy	kJ	220	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2007
Protein ^{1 2}	g	0.36	79	0.030	0.23	0.41	2.0	0.229	0.49	3	Analytical or derived from analytical	--	04/2005
Total lipid (fat) ^{1 2}	g	0.12	58	0.029	0	0.19	2.0	-0.005	0.243	3	Analytical or derived from analytical	--	04/2005
Ash ¹	g	0.28	20	0.020	0.26	0.3	1.0	0.033	0.528	2	Analytical or derived from analytical	--	04/2005
Carbohydrate, by difference	g	12.87	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2007
Fiber, total dietary ¹	g	0.2	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2005
Sugars, total ¹	g	9.98	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2005

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Sucrose 1	g	1.53	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2005
Glucose (dextrose) 1	g	4.65	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2005
Fructose 1	g	3.81	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2005
Lactose 1	g	0.00	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2005
Maltose 1	g	0.00	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2005
Galactose 1	g	0.00	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2005
Minerals													
Calcium, Ca 1 2	mg	13	86	2.988	7	24	2.0	0.414	26.127	3	Analytical or derived from analytical	--	04/2005
Iron, Fe 1 2	mg	0.31	77	0.052	0.17	0.57	2.0	0.083	0.534	3	Analytical or derived from analytical	--	04/2005
Magnesium, Mg 1	mg	12	29	1.427	11	15	1.0	-5.701	30.555	2	Analytical or derived from analytical	--	04/2005
Phosphorus, P 1	mg	8	27	0.372	6	9	1.0	3.508	12.949	2	Analytical or derived from analytical	--	04/2005

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Potassium, K 1 2	mg	130	64	3.500	85	160	2.0	115.388	145.507	3	Analytical or derived from analytical	--	04/2005
Sodium, Na 1 2	mg	2	75	1.294	0	5	2.0	-3.2	7.938	3	Analytical or derived from analytical	--	04/2005
Zinc, Zn 1	mg	0.11	20	0.001	0.09	0.13	1.0	0.104	0.117	2	Analytical or derived from analytical	--	04/2005
Copper, Cu 1	mg	0.069	20	0.041	0.03	0.13	1.0	-0.446	0.583	2	Analytical or derived from analytical	--	04/2005
Manganese, Mn 1	mg	0.504	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2005
Selenium, Se	µg	0.1	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/1997
Vitamins													
Vitamin C, total ascorbic acid	mg	10.0	2	--	9	11	--	--	--	--	Analytical or derived from analytical	--	04/2005
Thiamin 1 2	mg	0.058	28	0.005	0.04	0.08	2.0	0.035	0.081	3	Analytical or derived from analytical	--	04/2005
Riboflavin 1 2	mg	0.021	28	0.005	0.01	0.04	2.0	-0.002	0.045	3	Analytical or derived from analytical	--	04/2005
Niacin 1 2	mg	0.199	28	0.074	0.02	0.4	2.0	-0.119	0.517	3	Analytical or derived from analytical	--	04/2005

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Pantothenic acid 1	mg	0.056	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2005
Vitamin B-6 1	mg	0.100	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2005
Folate, total 1	µg	18	4	5.489	12	26	1.0	-52.15	87.327	2	Analytical or derived from analytical	--	04/2005
Folic acid	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2001
Folate, food	µg	18	4	5.489	12	26	1.0	-52.15	87.327	2	Analytical or derived from analytical	--	02/2007
Folate, DFE	µg	18	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2007
Choline, total	mg	3.3	--	--	--	--	--	--	--	--	Calculated or imputed	09266	02/2007
Vitamin B-12	µg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	08/1982
Vitamin B-12, added	µg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	09/2004
Vitamin A, RAE	µg	0	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2007
Retinol	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	06/2002
Carotene, beta	µg	3	--	--	--	--	--	--	--	--	Calculated or imputed	09266	04/2005
Carotene, alpha	µg	0	--	--	--	--	--	--	--	--	Calculated or imputed	09266	01/2003
Cryptoxanthin, beta	µg	0	--	--	--	--	--	--	--	--	Calculated or imputed	09266	01/2003
Vitamin A, IU	IU	5	14	4.643	0	65	1.0	-54.35	63.636	1	Analytical or derived from analytical	--	04/2005

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Lycopene	µg	0	--	--	--	--	--	--	--	--	Calculated or imputed	09275	01/2003
Lutein + zeaxanthin	µg	0	--	--	--	--	--	--	--	--	Calculated or imputed	09275	01/2003
Vitamin E (alpha-tocopherol)	mg	0.02	--	--	--	--	--	--	--	--	Calculated or imputed	--	01/2003
Vitamin E, added	mg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	09/2004
Vitamin D (D2 + D3)	µg	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	11/2008
Vitamin D	IU	0	--	--	--	--	--	--	--	--	Assumed zero	--	02/2009
Vitamin K (phylloquinone)	µg	0.3	--	--	--	--	--	--	--	--	Calculated or imputed	09275	01/2003
Lipids													
Fatty acids, total saturated	g	0.008	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2007
4:0	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2007
6:0	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2007
8:0	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2007
10:0	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2007
12:0	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2007

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14:0	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2007
16:0	g	0.005	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2007
18:0	g	0.003	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2007
Fatty acids, total monounsaturated	g	0.014	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2007
16:1 undifferentiated	g	0.002	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2007
18:1 undifferentiated	g	0.012	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2007
20:1	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2007
22:1 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2007
Fatty acids, total polyunsaturated	g	0.042	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2007
18:2 undifferentiated	g	0.024	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2007

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18:3 undifferentiated	g	0.018	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2007
18:4	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2007
20:4 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2007
20:5 n-3 (EPA)	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2007
22:5 n-3 (DPA)	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2007
22:6 n-3 (DHA)	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2007
Fatty acids, total trans	g	0.000	--	--	--	--	--	--	--	--	Assumed zero	--	06/2015
Cholesterol	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	08/1982
Other													
Alcohol, ethyl	g	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	04/1985
Caffeine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2003
Theobromine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2003
Flavonoids													
Flavonols													
Quercetin ³	mg	0.0	--	0	0	0	--	--	--	--	--	--	--

Sources of Data

¹Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 7c, 2002 Beltsville MD

²Castle and Cooke (Dole) Select nutrients in pineapple fruit and juice, 1979

³Mullen, W., Marks, S., and Crozier, A. Evaluation of phenolic compounds in commercial fruit juices and fruit drinks., 2007 J. Agric. Food Chem. 55 pp.3148-3157